

Accelerated Empathic Therapy

An Advanced STDP

The Good Soldier

- In this presentation you'll see how AET can be used to treat a traumatized patient.

Key Elements of AET

- Empathy
- Empathic interaction with others
- Self-disclosure
- Sensory exploration
- Empathic interaction with yourself

Empathy

- The cognitive and physical experience of psychological state of another person. Is used from our preverbal days to to communicate with others by feeling what they are feeling.

Empathic Interaction with Others

- The sharing of empathic experiences by therapist and patient. It can be also thought of as reciprocal mirroring.

Self Disclosure

- The sharing of thoughts and feelings to educate patients and decrease the psychological distance between therapist and patient.

Sensory Exploration

- The key to empathy rests in familiarizing yourself with your own body sensations. When we are not familiar with them, we are apt to find them frightening and avoid them. Avoiding them constricts your emotional life and produces many different symptoms.

Empathic Interaction with Yourself

- Interacting empathically with yourself solves many problems because it increases the capacity for self-care. Self-care reduces self-punitive behaviors. It can alleviate anxiety and depression. It can also reverse the effects of trauma.